

# Achieving Targets in Diabetes Care

Saturday, April 21, 2012

8:00 AM – 3:30 PM

DC Centre, 11830 Stonegate Drive, Omaha, NE

## **Overall Purpose of Program:**

To update healthcare providers with the specific treatment options to achieve targets in diabetes care.

## **Target Audience:**

The sessions are designed for RNs, LPNs, dietitians, pharmacists, and other health care professionals who care for patients with diabetes.

## **Exhibits:**

Representatives of Diabetes Care Products and Health and Wellness Services will have displays available.

Exhibits will be open during registration, morning break, and lunch break.

## **Continuing Education Credit:**

This activity has been submitted to the American Association of Diabetes Educators for approval to award contact hours.

The American Association of Diabetes Educators is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's COA.

The American Association of Diabetes Educators is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education

Applications for CE hours for dietitians, RD's, DTR's, and LMNT's have been submitted to Commission on Dietetic Registration (CDR) and the State of Nebraska (LMNT).

***Participants must arrive on time and stay for the entire offering to receive credits. No partial credit will be awarded.***

Information on contact hours will be posted on the DECM website:

[www.diabetes-education.com](http://www.diabetes-education.com)

## **Program Support:**

Nebraska Health and Human Services.  
Diabetes Prevention & Control Program

Unrestricted educational grant from:  
Novo Nordisk

The CNE is supported by an unrestricted educational grant and exhibits. Approval of this educational offering does not imply endorsement of specific therapies, treatment, or products discussed in the presentations.

## **Fees:**

General registration (includes lunch) - \$70

Walk-in registration (includes lunch) - \$85

**Breakfast will not be served.**

Walk-in registrations will be accepted based on space available. Pre-registration deadline: must be postmarked by April 13, 2012.

## **Cancellation Policy:**

Written cancellations received on or before April 13, 2012 will be refunded less a \$15 administration fee. No refunds after April 13<sup>th</sup>.

Program will not be canceled due to inclement weather. No weather related refunds.
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## **Location:**

DC Centre, 11830 Stonegate Drive, Omaha, NE  
Located 2 blocks south of 120<sup>th</sup> & Maple. For driving directions go to [www.dccentre.com](http://www.dccentre.com).

Emergency Telephone: DC Centre 402-393-7431.

## **Parking:**

DC Centre has surface lots surrounding the building (some parking will be reserved for the patient program starting one hour later.) The overflow parking lot is located one block north at Mulhall's Nursery.

## **Hotel Accommodations:**

Make reservations directly with nearby hotel:  
Country Inn & Suites, 11818 Miami Street,  
(402) 445-4445 or (800) 456-4000

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**Saturday, April 21, 2012**

7:15-7:55 am	Registration & Visit Exhibits
7:55	Welcome
8:00	Using Incretin Hormones in Diabetes Management Sarah Konigsberg, MD
9:00	Understanding Vitamin D Deficiency in Diabetes Andjela Drincic, MD
10:00	Break/Visits Exhibits
10:30	Continuous Glucose Monitoring: A Tool to Improve Patient Outcomes Mary Leighton, RN, BSN, CDE
11:30	Lunch/Exhibits
12:20 pm	Barriers Surrounding Physical Activity Doug Long, PhD
1:20	Seven Steps to Lower Blood Pressure Nancy Schwartz, RD, LMNT, CDE
2:20	Stretch Break
2:30	Dealing with Patients Who Resist Change Dixie Clark, MS, MSS, LPC
3:30	Evaluations – You Must Turn in Evaluations to Receive CE Certificate

## **Symposium Objectives**

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At the end of this program, the participant should be able to:

- Explain the role of incretin hormones and list pharmacological agents that mimic or affect incretins.
- Discuss plausible mechanisms of vitamin D deficiency in diabetes mellitus.
- Verbalize how continuous glucose monitoring can be used to analyze glucose patterns and to predict high and low blood glucose.
- List barriers to physical activity and tools to eliminate existing barriers.
- Describe non pharmaceutical methods for lowering high blood pressure.
- Learn how to address issues that may interfere with behavior change.

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## Faculty

### Sarah Konigsberg, MD, Endocrinologist

- Diabetes and Endocrine Associates, Omaha
- Associate Medical Director  
Diabetes Education Center of the Midlands, Omaha
- Endocrine Fellowship  
University of Nebraska Medical Center, Omaha

### Andjela Drincic, MD, Endocrinologist

- Associate Professor of Internal Medicine and  
Medical Director of The Nebraska Medical Center  
Diabetes Center, Omaha
- Endocrine Fellowship  
Northwestern University, Chicago, IL

### Mary Leighton, RN, BSN, CDE

- Certified Diabetes Nurse Educator  
Diabetes Education Center of the Midlands, Omaha

## Faculty

### Doug Long, PhD, CES, ATC, LAT

- Certified Athletic Trainer, Clinical Exercise Specialist  
Great Plains Regional Sports and Therapy Center,  
North Platte, NE

### Nancy Schwartz, RD, LMNT, CDE

- Nutrition Specialist
- Certified Diabetes Educator  
Diabetes Education Center of the Midlands, Omaha
- Author of: "Healthy Heart Weight Management"

### Dixie Clark, MS, MSS, LPC

- Director, Morning Star Center, Ralston, NE
- Therapist offering individual counseling sessions and  
marital therapy
- Workshops to promote healthy living, personal  
development and spiritual growth

## Planning Committee

Mary Leighton, RN, BSN, CDE; Nancy Schwartz, RD, LMNT, CDE; Anne Johnson, RD, LMNT, CDE;  
Julie Kamphaus, RN, MSN, CDE; and David N. Merritt, PharmD, RPh;  
Diabetes Education Center of the Midlands, Omaha, NE

## Registration

**PRE-REGISTRATION MUST BE POSTMARKED BY APRIL 13, 2012**

(On site registration available for increased fee – if space is available.)

By phone: (402) 399-0777, ex. 217

By fax: (402) 614-8672

By mail: Diabetes Education Center of the Midlands  
2910 South 84<sup>th</sup> Street  
Omaha, NE 68124

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime phone # \_\_\_\_\_ Email address \_\_\_\_\_

**Pre-Registration - \$70**

**Walk-In Registration - \$85**

**Tuition includes handouts, lunch and break refreshments (no breakfast).**

Method of payment:

☐ Check (payable to DECM)

☐ Visa

☐ Master Card

Name as it appears on the card \_\_\_\_\_

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_ Amount Charged \_\_\_\_\_

# **Achieving Targets in Diabetes Care**

**(for Health Care Professionals)**



*Saturday, April 21, 2012*

*DC Centre*

*11830 Stonegate Drive, Omaha, NE*

*Provider:*

*Diabetes Education Center of the Midlands*